

Front Street FITNESS

CITY EMPLOYEE FITNESS CENTER

2017 SUMMER & FALL CLASS SCHEDULE

Starting July 10- December 22

Monday	Tuesday	Wednesday	Thursday	Friday
12-12:45pm	12-12:20pm	12-12:30pm	12-12:45pm	12-12:30pm
Program Based Strength Training (Day 1) (intermediate to advanced)	Body Weight HIIT workout (beginner to intermediate)	CORE & Stretching (beginner to intermediate)	Program Based Strength Training (Day 2) (intermediate to advanced)	Boot Camp Total Body Circuit Weight Training (beginner to intermediate)
	12:20-12:40pm			
	Metabolic Conditioning (intermediate to advanced)			

Boot Camp Total Body Circuit Weight Training: Weight training in a circuit style format with limited rest between each exercise. Each circuit will comprise of 6-10 exercises. *(Beginner to intermediate)*

Program Based Strength Training: This class is designed to increase strength and performance through workout programs that are tracked each week and build upon each other as the weeks progress. Day 1 and Day 2 will be different workouts (True Program Based Weight Training) Best results come from consistently attending both classes. *(Intermediate to advanced)*

(CORE & Stretching): This is a workout that will incorporate core exercises at the beginning and stretching towards the end to give you a strong core and increased mobility. *(Beginner to intermediate)*

HIIT Workout: High intensity; fast paced workout designed to increase endurance and strength by incorporating short rest periods with high tempo work periods. *(Beginner to intermediate)*

Metabolic Conditioning: This workout involves a very high work rate using exercises designed to burn more calories during your workout and maximize calories burned after your workout. It will incorporate more advanced exercises and a faster paced routine. *(Intermediate to advanced)*

Would you like to join FSF or have questions about group classes?

Contact Pat Shick, the YMCA Corporate Wellness Support Coordinator at plshick@columbus.gov or x3979